



## CornerBridge Newsletter September 2011

### Welcome to CornerBridge and Concord Peer Support

CornerBridge and Concord Peer Support provide a vast array of relevant peer support services. These services are developed, implemented and facilitated by the members of CornerBridge and Concord Peer Support for their individual as well as collective recovery from severe and persistent mental illness. Our mission is to advocate and empower individuals to take control of their own wellness and recovery, and work mutually with others to affect change.

### Mission Statement

The Lakes Region Consumer Advisory Board is the foundation for US to reach our goals and change our lives by changing the perception the larger community has of US.

We are people learning strategies of Recovery, Wellness, and Empowerment. Lakes Region Consumer Advisory Board is a Peer Support network, enabling US to reach our goals and change our lives by nurturing our personal strengths.

Our vision is to create a culture that Promotes responsibility for Recovery, Wellness, Empowerment, and Advocacy for oneself and others while acknowledging the Divine right we have as Human Beings.

We're Open 10am -  
4pm  
7 Days a Week!  
328 Union Ave  
PO Box 304  
Laconia, NH 03246

Warmline ~ 5pm - 10pm  
7 Days a Week!  
1-800-306-4334



*Come and visit us ~  
Our door is always open.*

“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.” ~ SAMHSA National Consensus Statement on Recovery

*Lakes Region consumer advisory board  
oversees both Cornerbridge and  
Concord Peer Support*



## Fall Flowers and Grasses Best Fall Flowers

**Aster - With their clouds of daisy – like flowers in pink, rosy-lilac or deep purple, asters are classic fall flowers. Robust and hardy, many garden hybrids stem from the native New England and New York asters.**

**Old favorite taller varieties growing 3 to 4 feet tall include the glowing salmon-pink “Alma Potschke”, and the lavender-blue Aster frikartil “Monch”. The more recently introduced “Purple Dome” grows a compact 18 inches tall.**

**Asters thrive in full sun in moist, rich soil, but can look a little weedy during the growing season, so tuck them in among other earlier- flowering perennials. In late June, pinch or prune stems back by half to prevent floppiness and stake taller varieties. Keep asters vigorous by dividing in spring every two or three years.**

**Some of the older varieties were plagued by mildew, but newer ones are resistant: look for Aster laevis ‘Bluebird’, with single violet blue flowers, Aster lateriflorus ‘Prince’, which has unusual dusky plum-purple foliage and tiny white star-like flowers with a raspberry colored eye, and Aster oblongifolius ‘October Skies’, which has blue flowers in September and October.**

### More Fall Flowers Next Month

**“It takes a long time to grow an old friend” John Leonard**

Get Your Green Thumb Ready More Planting Hints Next Month. If you have any planting hints please call or write in and let us know so we can put them in the Newsletter.



### Words of Wisdom:

*“A friend may well be reckoned the masterpiece of nature”  
Ralph Waldo Emerson*

### Labor Day

***Labor Day is celebrated on the first Monday in September. It’s a day dedicated to the social and economic achievements of American workers. The holiday tributes the working***

**Bus Schedule for CornerBridge ~**

Please call 528-7742 if you have any questions or need a pick up

<b>Tuesday – Thursday – Saturday</b> <ul style="list-style-type: none"><li>• <b>Pick-ups</b><ul style="list-style-type: none"><li>10 am pick up at Tavern</li><li>10:10 am pick up at Sunrise Towers</li><li>10:15 am pick up at Lakeport Apartments</li></ul></li></ul>	<b>Tuesday – Thursday – Saturday</b> <ul style="list-style-type: none"><li>* <b>Return Back</b><ul style="list-style-type: none"><li>2:30 pm drop off at Lakeport Apartments</li><li>2:40 pm drop off at Tavern</li><li>2:45 pm drop off at Sunrise Towers</li></ul></li></ul>
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**The Bells Are Ringing By Roger J. Robicheau**

The bells are ringing, to start school, Could you be thinking, it's not cool  
You want freedom, to live your way, To make each call, from day to day  
The Summer passed, without those books, Why make a change, you liked the looks  
Please stop and think, reach in your mind, The choice you make, could be a grind  
You might end up, a lowly chump, Because you thought, you had the jump  
Can you get by, on what you know? Come on, be fair, probably no!  
Look at yourself, and make the call, You better stay, your life could stall  
Just work it out, make that grade, Embrace that Spring, greet your parade

**Bullying in schools and communities:**

**Bullying is when one child {or person} picks on another child {or person} repeatedly.  
Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the bus, in the neighborhood, over the Internet or anywhere.**

When your child is bullied:

\* Help your child learn how to respond by teaching your child how to:

1. Look the bully in the eye.
2. Stand tall and stay calm in a difficult situation.
3. Walk away.

\* Teach your child how to say in a firm voice.

1. "I don't like what you are doing."
2. "Please do NOT talk to me like that."
3. "Why would you say that?"

\* Teach your child when and how to ask for help.

\* Encourage your child to make friends with other children.

\* Support activities that interest your child.

\* Alert school officials to the problems and work with them on solutions.

\* Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

**More on Bullying in our next newsletter!!!!**

## Choose Work, They Did

Thousands of Supplemental Security Income [SSI] and Social Security Disability Insurance [SSDI] beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment. You can too.

Work Incentive Seminar [WISE] provide you and your family the opportunity to learn how to take advantage of Social Security Work Incentives, Including Ticket to Work.

\*\*\*\*\*Announcing\*\*\*\*\*

September 10, 2011 – 10:30 am – 12:30 pm for SSI Beneficiaries  
1:00 pm – 3:00pm for SSDI Beneficiaries ---- Laconia Public Library –Auditorium  
695 Main Street, Laconia, N.H. 03246 -Space is limited, so please call our toll free number  
866-968-7842 or online [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work)



## MULTICULTURAL MARKET DAY

September 10, 2011 starting with special Friday Concert Sept. 9, 2011 Please to our booth and say hello !!!!!!!!!!!!!!! on website: [www.nhcornerbridge.org](http://www.nhcornerbridge.org)



### A Note From Outreach Plymouth Area

We are currently are meeting on Fridays from 12 to 1pm on the common in downtown Plymouth for some lunch. Feel free to bring a bag lunch or coffee and join us for good company and a chance to enjoy our beautiful community.

**Upcoming/ still in the works:** Some of us have an interest in meeting on Wednesdays from 11am to 12noon for a walking group. We will decide when meet what route we will take to walk. Exercise is very important to maintain mental wellness. If you are interested in joining us or have questions about Peer Support contact Cindy Robinson, outreach coordinator - 412-7050 Outreach home visits are available by appt. contact Cindy. Cindy Robinson, Outreach  
CornerBridge ~ Plymouth Area Pemi Valley Outreach  
630-412-7050.





## Health Tips for the month of September

Let's Ear it for Corn –Here's a kernel of information you'll appreciate: That corn on the cob you're cooking on the barbecue comes with a bushel of health benefits. For starters, the yellow-hued veggie contains soluble fiber, which helps get rid of artery-clogging cholesterol. Apples and Your Air Supply – An apple a day breathe easier. It's true. Researchers in London found that study participants who ate five or more apples a week had significantly better lung function than those who ate none, regardless of whether they smoked or exercised. Another study revealed similar findings and also suggested that an antioxidant flavonoid called quercetin, which apples have abundance, may be responsible for the effect.



### Our Pet Corner.

**Autumn Safety Tips** Ah, Fall---- there's nothing like crisp, cool air, the first months of school and luscious foliage to get you excited for the changing seasons. Your pet, too, is probably welcoming the break from hot, sticky weather. But pet parents, beware—fall is also a time of lurking dangers for our furry friends. From household poisons to cold weather hazards, the season is a minefield! Here are some tips to keep your pet snug and healthy during the autumn months.

1. The use of rodenticides increases in the fall as rodents seek shelter from the cooler temperatures by attempting to move indoors. Rodenticides are highly toxic to pets—if ingested, the results could be fatal. If you must use these products, do so with extreme caution and put them in places inaccessible to your pets.
2. It's back-to-school time, and those of you with young children know that means stocking up on fun items like glue sticks, pencils, pencils, and magic markers. These items are considered “low toxicity” to pets, which means they're unlikely to cause serious problems unless large amounts are ingested. However, since gastrointestinal upset and blockages certainly are possible, be sure your children keep their school supplies out of paw's reach.
3. Training tip: If you and your pooch haven't been active outdoors in a while because of the summer heat, do some remedial recall training. Dogs, like people, get rusty on their skills if they aren't using them.

### Check Out Pet Corner Next Month for More Autumn Tips

### Pointers on how to start Journal Writing -

- \*What is your favorite activity?
- \*What is your favorite song?
- \*What is your all-time favorite movie?
- \*Where is your favorite place?
- \*What is the best thing you have ever done for yourself?
- \*What is the best thing you ever done for another person?
- \*What is your biggest success?
- \*Of what are you most proud?



Don't stop there. You know yourself better than anyone. Keep on. Think about your life as a joyous needing to be told. No one need be there, so don't be ashamed or afraid-tell it to yourself. To keep update on happenings at CornerBridge visits our website: [www.nhcornerbridge.org](http://www.nhcornerbridge.org) and check out our web calendar.

We are open 10:00am to 4:00pm every day ~ come have a cup of coffee and share warm talks with friends.

The month of August is almost over and September will be here with many things happening-We will be adding some new programs from our peers. All in next month calendar –Some very good news is the return of our sign. Many people from the community called and to express concern for us. We will be doing the Multicultural Day on September 10,2011 –If you would like to attend please let us know. The van will be making two trips down and back to get us all there. We did go to the beach a few times for picnics. The weather been so beautiful. We will be doing some paint around the house this September; will let you know more soon. Please come and see all the changes and help out. We need your ideas. The coffee is on. We will have a great fall at Cornerbridge.



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### **Cook's Corner**



#### **A Recipe from a member Linda Grace Hall Wardle Locke Linda's Taco Pizza**

- 1** large pizza shell
- 6** -8 ounces cans Taco Sauce
- 6** -8 ounces mild cheddar cheese shredded
- 1** pound Hamburg cooked with hot & spicy Taco seasoning
- ½** - cup diced onions
- ½** - cup sliced ripe olives
- ½** -cup diced tomatoes, drained
- 8** ounces shredded lettuce
- 8** ounces Taco finely shredded Mexican cheese

Preheat oven to 375 degrees, Place pizza shell in a pizza pan, or on a large cookies sheet. Spread pizza shell with Taco sauce evenly. Sprinkle cheddar cheese evenly over taco sauce. Spread taco hamburg evenly over cheddar cheese. {I usually mix in 1 pkg. Taco mix with hamburg} Sprinkle

diced onions over hamburger . Place sliced olives on top, and then add diced tomatoes. Spread lettuce evenly over everything. Then finish it off with Taco Cheese. Place pizza on the middle oven rack. Bake 8 to 10 minutes, or until crust begins to brown. Remove from oven. Let cool 5 to 10 minutes, slice and eat. I do not recommend freezing Taco Pizza. Wrap unused pieces up, and keep in refrigerator.

### After School Snacks

**Chocolate Chow Mein** -Microwave ¼ cup each peanut butter, chocolate chips and butter until melted. Put 3 cups each chow mein noodles and chex cereal, and ½ cup each chopped peanuts and raisins in a resealable plastic bag; add the chocolate mixture and shake to coat. Add cups confections' sugar and shake again.

**Elvis Waffles** – Spread peanut butter on toasted mini whole- wheat waffles. Top with sliced banana, crumbled bacon and honey.

### Apples Recipes Next Month -



### What is Warmline you ask?????

The warm-line is a significant and powerful resource. We operate the warm-line seven days a week. The Warm-line helps to keep people connected and supported during difficult times that the centers are not open. The current hours of operation are from 5:00 PM until 10:00 PM. We will review this periodically and adjust the hours as needed if possible.

We currently have three people that work on the warm-line, and others trained to fill in when needed. They have training specific to warm-line telephone support. They are not a suicide hot-line, but have had specific training so that they can assist someone to contact the appropriate people.



We are proud and fortunate to have one staff person that has worked the warm-line for four years.

**Call our Warmline  
1-800-306-4334  
7 days a week ~ 5-10pm**

**Q. Who do I contact for more information about CornerBridge and the Concord Peer Support?**

**A. David LaCroix, Executive Director ~ CornerBridge and Concord Peer Support**  
328 Union Avenue  
PO Box 304  
Laconia, NH 03247  
603-528-7742  
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**Linda C. Lamontagne, Program Director**  
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**Kimberly Drysdale, Program Director**  
Concord Peer Support  
55 School Street  
Concord, NH 03301  
603-224-0083  
[cornerbridge@comcast.net](mailto:cornerbridge@comcast.net)

**Cindy Robinson, Outreach**  
CornerBridge ~ Plymouth Area Pemi Valley  
Outreach  
630-412-7050

## **Countering Discrimination and Stigma**

### **by Promoting Mental Health Recovery and Resiliency**

The National Coalition for Mental Health Recovery is a coalition of people with psychiatric diagnoses<sup>1</sup> who counter stigma and discrimination through the evidence of their recovery.

#### **KEY POINTS**

- Research shows that people recover from mental illness/severe emotional distress.
- People who have psychiatric histories must be included in discussions concerning them just as other groups are included when decisions are made about them.
- The mental health community needs to focus on wellness promotion and programs that support recovery and resiliency.

#### **RECOVERY AND TRAUMA**

- Trauma—such as bullying, physical and sexual abuse, exposure to violence or natural disaster, physical and emotional neglect, and general disrespect of people who appear different or odd—plays a major role in the development of emotional distress and the diagnosis of mental illness.

- Wellness and recovery services and supports that address trauma are especially needed for young adults because adolescence and young adulthood are stressful, transitional times.
- Peer-to-peer support and open dialogues with diverse stakeholders are two of the most promising methods of engagement for people with histories of trauma, emotional distress, or mental illness.

## MEDIA AND STIGMA/DISCRIMINATION

- The media perpetuate the *myth* that people with mental illness are more violent than the general population. Research shows this to be untrue. In fact, people with mental illnesses are more often victims of violence than perpetrators.
- “Nothing about us without us:” Those of us who have personal experience with recovery from mental illness should be consulted by the media and others when mental health topics are in the public policy arena. We can provide a broader understanding of the issues involved and offer positive solutions. We also can offer information about selfhelp/advocacy organizations we have developed around the country and about the active role we are playing in transforming the mental health system. Allowing others to speak “*for*” us perpetuates the myth that we are unable to represent our own interests.



## Labor Day

Labor Day is celebrated on the first Monday in September. It's a day dedicated to the social and economic achievements of American workers. The holiday tributes the working class contributions to the strength, prosperity, and well-being of our country.

Labor Day became an official national holiday in 1894. This holiday is usually celebrated with summer activities- swimming, camping, picnics, etc. Labor Day is the unofficial end of summer in the Northern part of U.S. Most schools usually start sometime during the week after Labor Day.